



Kentucky Department of Fish and Wildlife Resources  
#1 Sportsman's Lane  
Frankfort, Kentucky 40601  
Visit our website: [fw.ky.gov](http://fw.ky.gov)



*"Becoming an Outdoors-Woman" and the logo are copyrighted*

**2010 KENTUCKY'S BECOMING AN OUTDOORS-WOMAN  
JABEZ, KENTUCKY  
FRIDAY, SEPTEMBER 17 - SUNDAY, SEPTEMBER 19, 2010**

Your registration fee (\$185 Early Bird, \$200 Standard) will include four weekend workshop sessions as well as evening programs, two night's accommodations, six meals beginning with lunch Friday thru breakfast Sunday, handouts, prizes and much more

**PLEASE NOTE: REGISTRATIONS WILL CLOSE  
ONCE CAPACITY OF 150 PARTICIPANTS IS MET**

The Kentucky Department of Fish and Wildlife Resources hosts this workshop in partnership with support and sponsorship provided by the Kentucky Fish and Wildlife Foundation, Canoe Kentucky, Remington, Federal, Lodge Cookware and the Kentucky Network of Outdoor Women (KNOW)

*Becoming an Outdoors-Woman is a workshop focused on the learning of outdoor skills - skills usually associated with hunting and fishing, but useful for many outdoor pursuits. Designed primarily for women, it is an opportunity for anyone 18 years of age or older, and is for you if...*

- ☐ you have never tried these activities, but have hoped for an opportunity to learn,
- ☐ you are a beginner who hopes to improve your skills,
- ☐ you know how to do some of these activities, but would like to try your hand at some new ones,
- ☐ you are just looking for the camaraderie of like-minded individuals.

### **WORKSHOP AGENDA - All event activities will run on Eastern Standard Time**

#### **Friday, September 17, 2010**

10:30 a.m. Registration  
12:00 p.m. Welcome, Introductions and Lunch  
1:30-5:00 p.m. SESSION I  
6:00 p.m. Dinner  
7:30 p.m. Evening Programs / Time will be allotted to those registered in Basic Kayaking & Canoeing, Basic Rifle or Basic Shotgun to cover the "classroom" instructions so more time can be spent on the water or the range during class.

#### **Saturday, September 18, 2010**

7:00 a.m. Breakfast  
8:00-11:30 a.m. SESSION II  
12:00 p.m. Lunch  
1:30-5:00 p.m. SESSION III  
6:00 p.m. Dinner  
7:30 p.m. Evening Programs / KDFWR K-9 Program Presentation  
8:30 p.m. Bonfire

#### **Sunday, September 19, 2010**

6:30 a.m. Optional Devotion  
7:30 a.m. Breakfast (please note change in time from Saturday)  
8:30-11:30 a.m. SESSION IV (please note change in time from Saturday)  
11:45 a.m. Wrap-Up and Closing Comments

### **SPECIAL CONSIDERATIONS**

**REGISTRATION AND FEES:** One person per registration form however photocopies are accepted. Early bird registration fee of \$185 closes Friday, July 30. Registrations postmarked/received after that date will be considered standard registration fees of \$200.

**ACCEPTANCE OF REGISTRATIONS WILL CLOSE FRIDAY, AUGUST 20.**

**MAIL COMPLETED REGISTRATION FORM AND REGISTRATION CHECK ALONG WITH ANY  
ADDITIONAL CLASS FEE(S) REGISTERED FOR PAYABLE TO BETH MINCH TO:  
BETH MINCH, P.O. BOX 35, STAMPAING GROUND, KY 40379**

**ACCOMMODATIONS:** Provided at the Centers lodge, all rooms sleep up to four people and are non-smoking. Should you have a particular person(s) you would like to room with please note that on your registration form. Single rooms are available at an extra fee of \$50.

**QUESTIONS OR CONCERNS:** Please call 1 800 858-1549 and ask for Naomi Wilson or e-mail Beth Minch at beth.minch@ky.gov

**CANCELLATION:** Deadline to cancel and receive a full refund is **Friday, August 27, 2010** after that time a \$50 processing fee will be assessed. No shows will not receive a refund.

**CONFIRMATION:** You will be sent an electronic confirmation of your class selection, packing suggestions, reminders and directions, if you do not provide an e-mail address confirmation will be sent by regular mail.

**PLEASE PRINT CLEARLY**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_ Room with: \_\_\_\_\_ (rooms hold up to four)

OR - I AM A Night owl \_\_\_ Early to bed & to rise \_\_\_ Snore/restless/up many times \_\_\_

**IF YOU DO NOT INDICATE A ROOMMATE(S), WE WILL DETERMINE FOR YOU**

In case of an emergency contact \_\_\_\_\_ at (\_\_\_\_\_) \_\_\_\_\_

I may be exposed to some environmental/physical risk due to the nature of the workshop. I assume full responsibility for any intentional action or injury that may result from my participation. I understand and accept that photographs and video may be taken during sessions and be used in future support of the program. I understand that in the unavoidable event of a class or event cancellation, evening program or instructor change, BOW will provide excellent alternatives should these situations arise.

\_\_\_\_\_  
APPLICANT SIGNATURE

\_\_\_\_\_  
DATE

**COST**

Enclosed BOW registration fee postmarked June 25 thru July 30, 2010 \$ 185.00

OR

Enclosed BOW registration fee postmarked July 31 thru August 20, 2010 \$ 200.00

I have enclosed an additional amount for fees of classes I am attending \$ \_\_\_\_\_

I have enclosed an additional amount for the BOW Scholarship program \*\*\* \$ \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_**

\*\*\* Funds provided to the BOW Scholarship program will be applied to half the registration fee for up to four (4) participants. Scholarships will be offered to first time BOW participants who need financial assistance. **PLEASE NOTE** --- attendance to classes with a separate fee(s) will be the responsibility of those participants. Interested recipients should contact Norm Minch at 1 800 858-1549 prior to July 30.

**\*\* REGISTER EARLY \*\***

**REGISTRATION WILL CLOSE ONCE CAPACITY OF 150 PARTICIPANTS IS MET**

**FOR OFFICIAL USE ONLY**

Registration # \_\_\_\_\_ Conf. sent \_\_\_\_\_

Amount Paid \$ \_\_\_\_\_ Check # \_\_\_\_\_

Scholarship by \_\_\_\_\_

Carpool Yes \_\_\_ NO \_\_\_ Notes \_\_\_\_\_

### **CLASS SELECTION**

**MARK THE CLASS YOU WISH TO TAKE IN EACH SESSION BY PLACING A 1 ON THE LINE, SELECT TWO ALTERNATE CLASSES IN EACH SESSION BY PLACING A 2 AND 3 ON THOSE LINES SHOULD YOUR FIRST CHOICE NOT BE AVAILABLE. SOME CLASSES ARE LIMITED AND ONCE CAPACITY IS MET PARTICIPANTS WILL BE SCHEDULED TO THEIR ALTERNATE CLASS. CLASSES WITH LESS THAN FOUR PARTICIPANTS ARE SUBJECT TO CANCELLATION.**

**\*\* PLEASE NOTE: CLASSES MARKED ADVANCED ARE DESIGNED ONLY FOR INDIVIDUALS WHO ARE EXPERIENCED IN THAT ACTIVITY. DO NOT CHOOSE ADVANCED COURSES UNLESS YOU HAVE PARTICIPATED IN SEVERAL BASIC SKILL CLASSES OF THAT TYPE OF ACTIVITY**

#### **FRIDAY, SEPTEMBER 17<sup>TH</sup> SESSION I / 1:30 P.M. THRU 5:00 P.M.**

- ☐ \*\* Advanced Archery, Hunting from Stands and Blinds LIMITED CLASS
- ☐ \*\* Advanced Fly Fishing and Fly Tying EXTRA FEE, LIMITED CLASS
- ☐ \*\* Advanced Kayaking LIMITED CLASS
- ☐ BOW Keepsakes EXTRA FEE, LIMITED CLASS
- ☐ CPR EXTRA FEE, LIMITED CLASS
- ☐ Do It Yourself Vehicle Care LIMITED CLASS
- ☐ Kentucky Carry and Concealed (Part I) EXTRA FEE, LIMITED CLASS
- ☐ Hunting Kentucky Flyers
- ☐ Wildlife Habitat in Your Backyard EXTRA FEE, LIMITED CLASS

#### **SATURDAY, SEPTEMBER 18<sup>TH</sup> SESSION II / 8:00 A.M. THRU 11:30 A.M.**

- ☐ \*\* Advanced Fishing EXTRA FEE, LIMITED CLASS SPECIAL NOTE - This class will begin at 7am
- ☐ Backyard Critters
- ☐ Basic Archery LIMITED CLASS
- ☐ Basic Fly Casting and Fly Tying EXTRA FEE, LIMITED CLASS
- ☐ Basics of Fishing
- ☐ Basic Kayaking and Canoeing LIMITED CLASS
- ☐ Basics to Rifle Use LIMITED CLASS
- ☐ Basics to Shotguns Use LIMITED CLASS
- ☐ Bass Fishing Techniques LIMITED CLASS
- ☐ BOW Keepsakes EXTRA FEE, LIMITED CLASS
- ☐ Firewood Preparation for Home Heating LIMITED CLASS
- ☐ High Ropes Challenge EXTRA FEE, LIMITED CLASS
- ☐ Kentucky Concealed Carry (Part II)
- ☐ Nature Photography LIMITED CLASS
- ☐ Wilderness Survival EXTRA FEE, LIMITED CLASS

#### **SATURDAY, SEPTEMBER 18<sup>TH</sup> SESSION III / 1:30 P.M. THRU 5:00 P.M.**

- ☐ Basic Archery LIMITED CLASS
- ☐ Basic Fly Casting and Fly Tying EXTRA FEE, LIMITED CLASS
- ☐ Basic Kayaking and Canoeing LIMITED CLASS
- ☐ Basics to Rifle Use LIMITED CLASS
- ☐ Basics to Shotguns Use LIMITED CLASS
- ☐ Bass Fishing Techniques LIMITED CLASS
- ☐ High Ropes Challenge EXTRA FEE, LIMITED CLASS
- ☐ \*\* Intermediate Pistol LIMITED CLASS
- ☐ Personal Safety: Methods and Mindset LIMITED CLASS
- ☐ Wildlife Habitat in Your Backyard EXTRA FEE, LIMITED CLASS

#### **SUNDAY, SEPTEMBER 19<sup>TH</sup> SESSION IV / 8:30 A.M. THRU 11:30 A.M.**

- ☐ \*\* Advanced Fishing EXTRA FEE, LIMITED CLASS SPECIAL NOTE - This class will begin at 7am
- ☐ Backyard Critters
- ☐ Basic Fly Casting and Fly Tying EXTRA FEE, LIMITED CLASS
- ☐ Basics of Boating LIMITED CLASS
- ☐ Basics to Rifle Use LIMITED CLASS
- ☐ Basics to Shotguns Use LIMITED CLASS
- ☐ Basics of Fishing
- ☐ CPR EXTRA FEE, LIMITED CLASS SPECIAL NOTE - This class will begin at 8am
- ☐ Do It Yourself Vehicle Care LIMITED CLASS
- ☐ Firewood Preparation for Home Heating LIMITED CLASS
- ☐ Kentucky Native Trees and Journaling LIMITED CLASS
- ☐ Low Ropes Challenge EXTRA FEE, LIMITED CLASS
- ☐ The 3 W's of Hunting
- ☐ Nature Photography LIMITED CLASS
- ☐ Wilderness Survival EXTRA FEE, LIMITED CLASS

**\*\* Advanced Archery, Hunting from Stands and Blinds LIMITED CLASS of 10** - KDFWR Pat O'Connell, Brent McCarty and Lourdes Oster invite you to spend your time maneuvering throughout a 3-D range using blinds and tree stands. Participants must bring their own bow and arrows as shot placement, equipment use and handling will be the focus.

**\*\* Advanced Fishing LIMITED CLASS of 9** - This class will depart the Lodge at 7am. Join KDFWR Fisheries Biologist's John Williams and Ryan Oyster along with avid angler Willie Johnson on Lake Cumberland as you spend time fall fishing, seeking out Cumberland's trophy walleye as well as catfish and bluegill. **ADDITIONAL \$10 FEE ABOVE THE REGISTRATION / PARTICIPANTS MUST HAVE A VALID KY FISHING LICENSE**

**\*\* Advanced Fly Fishing and Fly Tying LIMITED CLASS of 6** - During this class Jim Gallagher and Dawn Hosch will provide techniques and hands on opportunities to create more advanced ties. Casting will be done from the dock with plenty of one on one coaching. **ADDITIONAL \$10 FEE ABOVE THE REGISTRATION**

**\*\* Advanced Kayaking LIMITED CLASS of 10** - Now that you have your own kayak or have kayaked several times and want to learn proper strokes, loading and unloading on your car/truck, getting in and out of the kayak, rescue techniques, and so on then this class is for you. Canoe Kentucky's very own Allison Depenbrock will go over all of this and more. Learn the joys of kayaking with great skills! Participants must bring their own kayak.

**Backyard Critters** - Who's sharing your backyard? What on earth was that noise in the dark? Can you identify animal footprints? Join Yvonne Moore as you talk about all of this and cover other "critter" issues. Like why it's not a good idea to feed raccoons on your porch, they may re-wire your truck or worse. What to use for bait in a have-a-heart trap for a groundhog when it's eating your garden, how to keep squirrels out of your bird feeders and more.

**Basic Archery LIMITED CLASS of 15** - Learn a new outdoor skill you can do in your own backyard. Join KDFWR staff Brent McCarty and Pat O'Connell and Lourdes Oster as they show you that you too can shoot a bow and it is fun! In this class you will learn the basics of archery using a Genesis bow. You will learn step by step instructions for correctly and safely shooting a bow and will be hitting the target and popping balloons in no time.

**Basics of Boating LIMITED CLASS of 8** - What's required for boating, need advice and practice at the ramp? Join KDFWR Conservation Officer Travis Neal for an in-depth review of KY boating laws, rules of the road (water), safety tips, operational instruction, backing, launching and equipment requirements for boats and other watercraft on KY waters.

**Basics of Fishing** - Venture into the world of fishing as Hooked on Fishing instructor Jamie Alton shows you the ins and outs of the tackle box. You will learn about the use of live bait, lures, spinning rods and casting rods. We will discuss fish habitat, where to find different kinds of fish and you will get to utilize your new found skills by hitting the waters of Lake Cumberland. **PARTICIPANTS MUST HAVE A VALID KY FISHING LICENSE**

**Basics of Fly Fishing and Fly Tying LIMITED CLASS of 6** - Join Jim Gallagher or Dawn Hosch as they focus on the fundamentals of fly tying and casting. Learn about equipment and techniques needed to turn out your own hand tied flies. Casting with demonstration and one on one coaching. **ADDITIONAL \$10 FEE ABOVE THE REGISTRATION**

**Basics of Kayaking and Canoeing LIMITED CLASS of 12-** Join water enthusiasts Scotty Clenney and Gale Cherry as they discuss equipment, safety, reading the water, transporting your craft, maneuvering in variable situations and strokes with your water craft. Activities will include Capture the Flag, a water game on Lake Cumberland, rigging a kayak for fishing and demonstrating canoe jug fishing. Come ready for water fun and a dip (by choice) in Lake Cumberland.

**Basics of Rifles LIMITED CLASS of 8** - Steven E. Sherer, NRA Certified Instructor and his wife Isabelle, RN invite you to learn the basic skills for safely and accurately using a rifle for sport and hunting purposes. We'll discuss rifle safety, types and selection, calibers as well as black powder percussion rifles. Time will be provided to shoot. It's a fun and informative course -- just ask some of their former students! Eye and ear protection are required and will be provided.

**Basics of Shotguns LIMITED CLASS of 12** - Annie Wilson 2<sup>nd</sup> place shooter in KY's state shoot, Lenny Wilson NRA Certified Instructor along with Hunter Education Master Instructor John Thompson will show you how to shoot moving targets. You will learn to safely handle and shoot different types of shotguns and by the end of the class you will be knocking moving targets from the sky. Come join in the fun! Eye and ear protection are required and will be provided.

**Bass Fishing Techniques LIMITED CLASS of 8** - Spinnerbaits, Deep Divers, Wacky Worms, Rattletraps? Learn about the use of classic bass lures and more. Brett Davis will go over what presentations work best at different times of the year as well as how to properly set up your rod and reel. Focus will be on how to use these techniques while bank fishing. Participants must bring their own fishing rod. **PARTICIPANTS MUST HAVE A VALID KY FISHING LICENSE**

**BOW Keepsakes LIMITED CLASS of 10** - Vickie Richie and Betsy Miller will help you preserve those special outdoor memories by teaching you to create your own BOW keepsake box. From your special BOW photos to your favorite fly tie, whatever outdoor related keepsake you need a special place for. You will paint or wood burn a design on your box, it's up to you to make your keepsake box be your very own. **ADDITIONAL \$10 FEE ABOVE THE REGISTRATION**

**CPR - Basic Life Support Certification LIMITED CLASS of 6** - Learn how to save a life and obtain American Heart Association certification with Danielle Dietz. Topics covered include adult/child/infant CPR, choking and use of the AED (automatic defibrillator). **ADDITIONAL \$35 FEE ABOVE THE REGISTRATION**

**Do It Yourself Vehicle Care LIMITED CLASS** of 10 - Join David Toles as he demonstrates on your personal vehicle how to change a flat tire, check your tire pressure and tire wear. Learn how to check your belts and hoses and how to check your vehicles fluids. Discover what all the lights on your dash represent as well as cover general maintenance care you can perform on your own.

**Firewood Preparation for Home Heating LIMITED CLASS** of 4 - This hands on class lead by Jim Gallagher or Dave Hosch will stress the safe use of chain saws, sledge hammers etc. with the purpose of preparing firewood for winter use. We will fell a tree or snag, trim branches, cut up the trunk, use sledges and wedges, axes and hatchets. Pine cones will be prepped for cheap and easy fire starters. An overview of the best wood for home heating and safety is stressed.

**High Ropes Challenge LIMITED CLASS** of 20 - Learn a little about rock climbing and push your strength and endurance to the limit! Trained/certified facilitators Darrell Stillwell and Stefanie Green will assist you through a rock climbing experience, and then a traverse across the field on our zip line. All activities at high ropes are a "challenge by choice" concept. **ADDITIONAL \$25 FEE ABOVE THE REGISTRATION**

**Hunting Kentucky Flyers** - We'll explore KY game birds galore with Ricky Johnson, Terry Gribben and Norm Minch including the various species, where they can be found, best hunting approaches and how to suit your equipment to all types of flyers from doves to quail to waterfowl to turkeys! If "winging it" is your style then come fly with us - and learn tips and tricks to improve your success in some of KY's most enjoyable hunting settings!

**Intermediate Pistol LIMITED CLASS** of 10 - Join Eric Eisiminger as you build on the fundamental skills of pistol shooting. There will be more emphasis and practice on how to correctly use your sights, squeeze the trigger and how to use your body and stance to help control recoil. Eye and ear protection are required and will be provided. **Participants must bring their own pistol, ammunition (100 rounds).**

**Kentucky Carry and Concealed LIMITED CLASS** of 15 - **THIS IS A TWO PART CLASS** - Join certified instructor Eric Eisiminger as the laws governing concealed carry, basic marksmanship, pistol operation and cleaning, as well as general information about your personal security are covered. Those who complete this class will be able to apply for a permit to carry a concealed firearm. **Participants must bring a pistol, 25 rounds minimum of factory ammo (no reloads) and pistol cleaning kit.** **ADDITIONAL \$70 FEE ABOVE THE REGISTRATION**

**Kentucky Native Trees and Journaling LIMITED CLASS** of 12 - Join Mary Carol Cooper, KY Department of Fish and Wildlife Resources Native Plant Program Coordinator, as you learn to identify KY native trees such as sweet gum, pawpaw and more. We will also work on nature journaling along the way. Come learn and create with us!

**Low Ropes/Team Building Challenge LIMITED CLASS** of 20 - Participants will engage a variety of activities to challenge and strengthen their communication and leadership skills, and ability to work within a cohesive team. Additionally, participants will navigate through ropes course elements and challenges that are low to the ground. Great class for those who "don't do heights" or want to learn a little bit more about themselves. Trained/certified facilitators Darrell Stillwell and Stefanie Green will assist you through your experience. **ADDITIONAL \$25 FEE ABOVE THE REGISTRATION**

**Nature Photography LIMITED CLASS** of 15 - KY Afield Editor, Dave Baker will show you how to explore the outdoors through the lens of a digital camera with this basic outdoor photography class. Learn what makes a good image and some common pitfalls to avoid. We will discuss what makes a good photo for the family album or for publication. **Participants must bring their own camera equipment.**

**Personal Safety: Methods and Mindset LIMITED CLASS** of 15 - Join Thom Suggs and John Hajner as they review some of the major topics surrounding personal safety, including some close-quarters control and self-defense techniques, the use of implements (tactical lights, pepper spray, knives, firearms, etc.), situational awareness, and the possible legal ramifications of the use of lethal and less-than-lethal force. Learn how to stay safe.

**The 3 W's of Hunting** - For the novice who wants to know "What, Where and When can I hunt in KY?", line your sights up on this general yet comprehensive class about big and small game pursuits. Terry Gribben, Ricky Johnson and Norm Minch will cover numerous game species and answer all your questions about any type of hunting in the Bluegrass State and you'll also hear humorous and unforgettable experiences you can expect to have likewise in the field.

**Wilderness Survival LIMITED CLASS** of 15 - If you were lost or injured in the woods would you know what to do? Join Salato Wildlife Educational Center Director, Laurie Davison as you cover vital and basic skills to stay healthy and alive until help arrives. We'll build a shelter, a solar still and talk about what animals you *should* be on guard for - and what to do if you meet one! Tom Brown's "Field Guide to Wilderness Survival" will be provided to everyone. **ADDITIONAL \$15 FEE ABOVE THE REGISTRATION**

**Wildlife Habitat in Your Backyard LIMITED CLASS** of 12 - Mary Carol Cooper, KDFWR Native Plant Program Coordinator will guide you through the basics of attracting wildlife to your backyard - from butterflies to birds to frogs and toads and beneficial insects, why they are important to you and why you are important to them! We will discuss landscaping with native plants and how to use them to attract wildlife. We will also decorate a purple martin gourd to go in your yard. **ADDITIONAL \$10 FEE ABOVE THE REGISTRATION**